

Revised: Fall 2008

Student: _____ **ID** _____

**ESHE MINOR
Exercise Science
18 Hours Coursework**

The Exercise Science minor is open to any RU student (non-major) who completes 18 hours of required coursework.

- BIOL 322 or BIOL 310 and BIOL 311 are pre-requisites for ESHE 390 and 392 and is strongly suggested before taking ESHE 201 or ESHE 305.

Required Courses (15 hours)

ESHE 201	Introduction to Athletic Injuries	_____ (3)
ESHE 305	Strength and Conditioning	_____ (3)
ESHE 390	Kinesiology	_____ (3)
ESHE 392	Exercise Physiology	_____ (3)

Electives: Choose 2 of the following 3 courses to total 6 elective hours.

ESHE 315	Physical Activity and Aging	_____ (3)
ESHE 396	Exercise Assessment and Prescription	_____ (3)
HLTH 465	Exercise, Performance and Nutrition	_____ (3)